

**EATING FOR HEALTH
AND EFFICIENCY**

EATING FOR HEALTH AND EFFICIENCY

BY
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"Some hae meat and canna eat,
And some wad eat that want it,
But we hae meat, and we can eat;
Sae let the Lord be thankit."—*Burns*



BOOK TWO

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EATING FOR HEALTH AND EFFICIENCY

CHAPTER 8

COOKING FOR HEALTH (Meat, Fish and Eggs)

COOKING as here recommended will result in greater enjoyment of food, for natural foods have a better taste, after the palate becomes normal, than the complex and highly seasoned mixtures that are so common to-day.

Cooking is the application of heat to foods. It should be done to make them digestible, but cooking is an art that is greatly abused. It is often practiced to make such an overstimulating appeal to the senses of taste and smell that the appetite calls for more food than the body can use. Spices, sauces and various modes of mix-

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ing have this result. The plainer the cooking, the better for the consumer's health, and the more it will be relished in the long run. Foods that are properly prepared are appetizing, but not abnormally stimulating.

Living under civilized conditions, we lack the power to digest all of our foods raw. Our energy is used up in our work and dissipations. Raw grains and many raw vegetables are difficult to digest. The cooking, when rightly performed, breaks up the tough cellulose (a fibrous substance) that covers the starch cells and this allows the digestive juices to penetrate the whole mass of food.

The muscle fibers of the flesh have a covering of tough connective tissue. Cooking softens this tissue, giving free access to the digestive juices.

Digestive power varies with circumstances. During a tramp in the woods, with its abundance of exercise and fresh air, and lack of worry, an individual may eat twice as much as while doing office

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work in a city, and digest it without trouble. Serenity increases digestive power, while such emotions as anger, worry and jealousy decrease it.

Plain cooking is by far the best, hence we shall not go to the trouble of giving directions for the worst kind of cooking—fancy cooking—in these pages. Those who like complex cakes, puddings and pies will have to go elsewhere for directions.

MEAT COOKING

Stewing: Select lean meat, cut into pieces, and put into plain, unsalted water. Simmer, that is, cook at a temperature of about 180 degrees Fahrenheit until tender. Put no salt in until almost ready to remove from fire; or better still, let each individual season his portion at the table.

At sea level water boils at 212 degrees Fahrenheit, and the boiling is indicated by vigorous agitation of the water.

Simmering heat is a moderate temperature where bubbles form on the bottom of

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the vessel, rise upward and break without causing violent motion of the water—simply producing gentle agitation. This takes place at 180 degrees Fahrenheit—simmering temperature.

There are special thermometers for the kitchen, but they are not an absolute necessity.

Meat and vegetable stew: Cut up lean meat and cook as directed under stewing. Cook vegetables in plain water in separate vessel. When the meat and the vegetables are done, mix and serve hot.

Cooking meats and vegetables together makes both the meat and the vegetables indigestible. The fat particles affect the starch in the vegetables. Salting while cooking toughens the meat.

High temperature in stewing coagulates the albumin so that the meat becomes very tough. This is the reason for stewing at moderate temperature—simmering heat.

Boiling meats: Take a large piece of lean meat, plunge into boiling water and let it boil about ten minutes. Then lower

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the temperature and let it simmer until done.

The meats to be boiled should never be soaked in cold water, for even cold water removes a part of the nutriment. The few minutes of boiling coagulates the outside of the meat, which helps to keep the natural juices within. If the meat is boiled a long time at high temperature, it becomes tough throughout and hard to digest.

Ordinary lean meat has to be boiled 20 to 25 minutes per pound of weight. A five pound piece would therefore require about an hour and 40 minutes of cooking.

Chicken needs to be boiled from 40 minutes to one and one-half hours, depending upon size and age.

Tough meats should not be boiled. They should be cooked in steamer, pressure cooker or fireless cooker.

Do no salting until the meat is almost ready to be removed from the fire, or let each one salt his own portion when served.

Meat broths: Select lean meat and chop up fine or grind. Cook in plain water, as

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directed for stewing, skimming off any fat that may appear on surface. When done, strain and press out the juices left in meat particles; put away to cool, and skim off the fat. Then heat up and serve.

One pound of lean meat makes a quart of fairly strong broth. Regulate strength by using more or less water.

Broths are easy to digest, but not as valuable foods as most people believe. Broths should always be cooked on a slow fire. Simmering is best.

Baking meats: Place the piece of meat in a very hot oven, about 400 degrees Fahrenheit, and keep it at this temperature for about ten minutes. Then lower to a moderate heat, about 260 degrees Fahrenheit, and bake until it suits taste. Baste the meat with its own juice every ten or twelve minutes, adding some water to the liquid in the pan if necessary. A few minutes before removing from oven sprinkle a small amount of salt on the meat.

Because some wish their meat rare and

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others want it well done, no specified time for baking can be given, except that the larger the piece of meat the longer it takes.

The high heat in the beginning coagulates the outside of the meat and helps to keep the juices within. However, if the oven is left too hot, the whole piece becomes tough.

Roasting meats: We rarely have roast meats now, the so-called roasts being baked meats. The original meaning of roasting was to take a large piece of meat and place it before an open fire, turning from time to time. (You have seen old pictures of the process.)

Broiling meats: Cut meat desired thickness. Place before a hot fire, and turn from time to time. Only experience will teach how long to broil, for it depends on thickness of meat and whether it is to be well done, medium or rare.

Steaming meats: Put the plain, unseasoned meat in individual receptacle and put into steamer, leaving until it is done.

This is one of the best ways to cook not

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only meat, but nearly every kind of food. It is fine for tough joints and old birds. No food value to speak of is lost.

Good steamers can be purchased on the market. They cost considerable money, but they are worth it, for they save labor and prevent waste of food, and if properly used they save fuel bills. A home cooker can be made by using a pan in which to put the water, placing a perforated disk or grate within or over it, and covering with another vessel. The foods can be put in individual dishes above the disk or grate. In this way several different kinds of food can be cooked at the same time.

Steam cooking makes the food easy to digest.

Fireless cooking of meat: Put unseasoned meat in receptacle, place in the cooker, following directions that go with the cooker. However, do not season.

This is a good way to cook, for it leaves the foods tender and easy to digest, and the cooker does not have to be watched. Of course, the fireless cooker has to be

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heated when the cooking is begun, but that is all the heat needed.

A fireless cooker will soon pay for itself, for it requires less fuel and labor than the ordinary mode of cooking, and it leaves the foods easy to digest. One can put the foods into the cooker, fix the heat and leave it for hours.

Pressure cooking of meats: Prepare meat exactly as for steaming, and follow the directions that come with the cooker, but it is not necessary to season the meat.

This is a form of steam cooking, but much quicker than steaming. For those who must prepare meals in a short time pressure cooking is the best method.

Those who have lived in high altitudes know how difficult it is to boil foods. A pressure cooker will solve their problem.

Pressure cookers are somewhat costly, but they require very little fuel to operate. Those who use gas will save the purchase price in gas bills within a few months. They are labor savers and the foods cooked in them are wholesome.

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Frying meats: Those who cook for health do no greasy cooking. Frying causes the fats to penetrate and toughen the muscle fibers so that they become difficult or impossible to digest.

Gravies: Use only the natural gravies, not gravies made with brown flour or other thickening. Natural gravies are the meat juices that escape during cooking, sometimes mixed with water. The liquid in which meats are boiled contains much of the nourishment, so it should be used, perhaps for soup.

Seasoning meats: Either season them with a little salt a few minutes before removing from the heat, or let each individual do his own seasoning at the table. A moderate amount of salt is all the seasoning needed. Mustard, pepper and sharp sauces cause overstimulation and overeating. Hence avoid them.

These directions apply to all kinds of meat.

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FISH COOKING

Fish should not be fried. It is good broiled or baked. Fish soups are relished by some, but most of us do not care for them.

Boiling fish: Because fish has a tendency to cook to pieces, it is not always easy to boil fish. Here is a good way:

Boil only large fish. Clean and put into enough boiling water to cover completely. The water then stops boiling, but allow it to come to a boil again. Now lower the temperature of water to simmering heat, and allow to simmer until done. Allow nine or ten minutes for each pound of fish. For a five pound fish one would boil 45 or 50 minutes.

About two tablespoonfuls of lemon juice to the gallon of water will help to prevent the fish from falling to pieces, making the flesh firm and white.

The special fish kettles on the market are good for cooking fish.

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COOKING EGGS

Boil, coddle, steam, bake, poach or make omelettes of them. Have them soft or well done according to individual taste. Frying should be avoided.

Boiled eggs: Soft boiled eggs are prepared by putting into boiling water and allowing them to boil two or two and one-half minutes.

Hard boiled eggs are usually cooked from five to seven minutes, but this is the wrong way, for it produces a tough egg. The right way is to let the eggs cook from twenty to thirty minutes, and the latter period is preferable. This gives a delicious, mealy egg.

Coddled eggs: For each egg use a quart of boiling water. The water is to be removed from the fire, the eggs dropped in, the vessel covered and allowed to stand seven or eight minutes.

Poached eggs: Carefully break strictly fresh eggs into saucer, slide into gently boiling water. Place vessel so that the wa-

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ter remains hot, but does not boil any more—simmering heat. Baste yolks with the hot water and cook to suit taste.

Omelette and scrambled eggs: Prepared in various ways. Beat eggs up with water; or with water and milk; or with milk; or with cream and milk. Put into hot pan that has been lightly greased. For scrambled eggs stir; for omelette do not stir, but turn one-half onto the other. Cooking in a pan lightly greased does not impair the food value, but cooking in much grease does.

CHAPTER 9

COOKING FOR HEALTH

(Legumes, Cereals, Tubers)

The most important starches fall under three heads—legumes, cereals and tubers—and we shall take up the cooking in this order.

Peas, beans, lentils and peanuts are the chief legumes.

Peanuts we shall not treat in this Chapter, but shall devote all of Chapter 33 to Nuts and Peanuts.

COOKING LEGUMES

Bean soup: Clean and wash the beans and soak them overnight. Put them on to cook in the water in which they were soaked, and let them cook until tender. Use

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soft water for cooking all legumes, if possible. If soft water cannot be had, use a little soda.

The beans can be left whole or mashed; much or little water can be used to make soup of desired consistency.

Salt, fat and meat cooked with the beans make them hard to digest. If a bean soup with meat flavoring is desired, cook the beans in one vessel and the meat in another, and when both are done, mix and season.

Bean soup can be made in fireless cooker or steamer.

Pea soup or lentil soup: Use peas or lentils instead of beans, and prepare according to directions for bean soup.

Boiled beans: Make like bean soup, except that more beans and less water are used. Do not cook beans with pork or other meat or grease of any kind. If you wish a meat or fatty flavoring, cook the beans in one vessel and the flavoring substance in another, and when both are done, mix. Add no seasoning until beans are

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almost ready to remove from fire, or let each individual season to suit taste at table.

Boiled peas or boiled lentils: The preparation is the same as for boiled beans. Cooked lentils are truly delicious, and very nourishing.

Baked beans: Clean, wash and soak overnight. Parboil three or four hours in water in which they were soaked, adding needed water from time to time. Put into non-metallic vessel and place in oven, but do not add tomatoes or meat or grease of any kind. Molasses, or honey, or maple sugar, or brown sugar may be stirred in before beans are placed in oven, but avoid great amounts of sweetening. Bake until done.

Dress when served. Beans prepared in this way may be eaten plain or dressed with butter, or olive oil and salt in moderation. Do not add vinegar or tomatoes or lemon juice, for that has a tendency to produce fermentation in the digestive organs. Prepared in this way and well masticated beans are easy to digest.

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Those who wish bacon or other pork dressing should prepare dressing in separate dish and when both are done, mix.

Baked peas and baked lentils are not used as much as baked beans, but they may be prepared in the same way.

Ripe limas only need to be washed and cooked until they are tender.

COOKING CEREALS

Yeast bread: It is useless to give recipe, for there are many good ways, and each one has a favorite. White bread is a poor food. It is a crime to make children live on white bread. Rye and whole wheat breads are good. Yeast bread is somewhat wasteful, for in working about ten per cent of the food value of the flour is turned into alcohol and carbonic acid gas, which escape into the air. Fresh yeast bread should not be eaten, for it is not well masticated. Sometimes the yeast fungi begin to work in the stomach, producing more

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carbonic acid and more alcohol, which is bad for the health.

Toast: Let the bread be two days or more old. Slice rather thin. Put into warm oven (not hot) and let it slowly bake until it is crisp throughout. This is real toast, and enough can be made at a time to last several days. Slightly scorching slices of bread near the fire does no good.

Unleavened or French bread: Make flour into firm paste with water, salting moderately. Roll out thin and bake until it is crisp throughout. White flour is usually used, but rye or whole wheat flour may be used, or a mixture of whole wheat and white flour.

Milk or cream or butter added makes a richer bread, and the flavor is good, but shortening makes it a little more difficult to digest. If shortening is used, roll the paste thin and bake crisp as a cracker.

Baking powder bread, biscuit or sticks: Here is a good recipe: One quart of flour, well sifted; a little salt and heaping tea-

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spoonful of baking powder. Sift together three or four times. Add one or two table-spoonfuls of soft butter. Mix quickly into stiff dough with milk, roll thin, cut into strips (sticks) or biscuits, place quickly into pan and bake in hot oven until there is a crisp crust on bottom and top. The baking time is about twenty minutes.

Those who want their biscuits light must sift the flour several times, to work air into it, make the mixture quickly, and bake in hot oven.

This may be made of any kind of flour. It is almost impossible to make a light loaf of bread according to this recipe, but the thin sticks and biscuits are fine.

Ready-to-serve cereals: Flaked and puffed cereals, if well made, are good but rather expensive foods.

Shredded wheat biscuit and triscuit are fine food products. But these foods should not be piled high with sugar and soaked in cream. They should be eaten dry, with butter or nut butter, and thoroughly masticated.

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Macaroni and cheese: Take a cupful of macaroni, break it up, place in two quarts of boiling water and allow to cook until tender and then drain. This usually takes twenty minutes. The water is generally salted. It may require a little more than two quarts of water for a cup of macaroni, which will make a big dish of macaroni and cheese.

Take buttered baking dish; place layer of macaroni and then layer of cheese, repeating as often as desired and finishing off with layer of cheese. Add milk to almost cover, put into oven and bake until top cheese is brown.

Rice and cheese: Take boiled or steamed rice and use it in place of macaroni, and proceed in same way as in recipe just given above.

Corn bread: There are numerous recipes, most of them quite complicated. This makes a tasty corn bread:

Two cups corn meal; one-half cup wheat flour; one tablespoonful sugar; one-half teaspoonful salt; two teaspoonfuls baking

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powder; two eggs; one and three-fourths cups milk. Sift corn meal, flour, baking powder, salt and sugar together four or five times; add eggs and milk, stir well, pour into a hot buttered pan, bake a good brown in hot oven. The top is usually smoothed with a little melted butter to make the crust crisp.

Corn mush: Cook corn meal in plain water until it is done, using moderate amount of salt. The mush can be cooked directly over fire, in double boiler, in fireless cooker or in steamer. Serve with rich milk.

Oatmeal or rolled oats: Stir meal into water, and cook in double boiler, steamer or fireless cooker until thoroughly done, using moderate amount of salt. Oatmeal must be cooked several hours to be done. Serve with rich milk or butter, but no sugar. Masticate real well.

Those who like the flavoring may cook an onion with their oatmeal.

Boiled rice: The brown whole rice is best. Cook like oatmeal and serve in the same way.

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Raisins to suit taste may be added to the rice and water. Children usually think this is fine.

Boiled wheat: Wash the whole wheat berries and cook same as oatmeal, applying the heat until the berries are tender. Serve like oatmeal and masticate well. This is rather an uncommon dish, but some like it.

Gluten breads: Can be bought on the market. They are of no special value in Bright's disease or any other disease. They are nourishing, but they are not "health foods" any more than whole wheat bread or apples or carrots or cabbage.

COOKING TUBERS

Potatoes should not be cooked in grease, for that makes them difficult to digest. Nor should they be peeled and cooked in water, for that deprives them of much food value. Nor should they be peeled and soaked in cold water, for a large part of the food value and some of the natural salts are then left in the water.

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Baking: Clean the potato well, place in moderate oven and let bake until a fork can be run into the potato with ease. Some potatoes are too watery for baking purposes. Dress with cow butter or nut butter, and a moderate amount of salt if desired. Those who like the jacket may eat a part of it.

Boiling potatoes: Clean well, place in boiling water, in the jacket, and cook until a fork can be run through the potato with ease. If the potatoes are too highly flavored, cut off one or both ends before placing in vessel.

Steaming, fireless cooking or pressure cooking: It makes little difference whether the potatoes are peeled or cooked in the jacket by these processes, for the salts and nourishing parts are not washed away. Steamed potatoes are very good. Potatoes rightly cooked digest easily.

German fries and French fries: Don't cook that way.

Sweet potatoes and root artichokes may be cooked like the Irish potato.

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Hubbard squash is not a tuber, but it is a good food. Boil or steam or bake or cook in fireless cooker or pressure cooker until tender. For baking purposes, leave the peel on. In steaming peel or do not peel, as you please.

It may be interesting to know that if a person wishes to do it, he can live in splendid health on baked potato, milk and water, indefinitely.

CHAPTER 10

COOKING FOR HEALTH

(Succulent Vegetables, Salad Vegetables, Salads of All Kinds, Salad Dressing, Fruits, and Dairy Products)

For list of succulent vegetables see Chapter 2.

Very few know how to prepare these vegetables. It is common to throw away the best part of them.

COOKING SUCCULENT VEGETABLES

Boiling: This is the most common way to prepare succulent vegetables, and though it is all right when properly done, it is not the best way. Here is the correct way to boil vegetables:

Clean the vegetables, but do not soak

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them in water after they are peeled. Put into vessel and use enough water to keep them from burning, but not enough to have any left to throw away. Cook until tender, using very little salt. Serve vegetables with their share of the liquid. This liquid is to be eaten with the vegetables or in the form of soup. Do not throw it away, for it contains a large part of the natural salts and also of the nourishment.

Steaming: Clean the vegetables, and if necessary peel. Place in individual cup or bowl and put into steamer and keep them there until they are tender. Most vegetables need a little water in the bottom of the cooking vessel in which they are steamed. This liquid should be eaten with the vegetables. A good way is to serve the vegetable juices in individual cups in place of tea or coffee.

Fireless cooking or pressure cooking: Prepare as for steaming and allow the vegetables to remain in the cooker until they are done.

Dressings for succulent vegetables: The

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simpler they are the better. Here are a few good dressings:

1. Moderate amount of salt.
2. Salt and butter.
3. Butter and nothing else.
4. Salt with olive oil, or peanut oil, or cottonseed oil.
5. Some kind of salad oil and nothing else.
6. Plain cream, either sour or sweet, occasionally.
7. Mayonnaise dressing.
8. No dressing at all.

Do not use the flour dressing, usually called cream dressing. There is no good excuse for pepper. Lemon juice may be used in moderation.

Spinach is usually cooked wrong. Here is the correct way: Wash well and shake off excess of water in a clean cloth. Put about two tablespoonfuls of water in bottom of vessel and put in the spinach. Place over fire, and the spinach will wilt and cook in its own juice. Let cook slowly

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until tender, usually about fifteen minutes. Serve with its proportion of the juice, which is the best part of the spinach, though it tastes strong at first.

Spinach may be steamed.

Greens of all kinds: Cook like spinach, but you will need more water, and perhaps have to cook longer. Some good greens are chard, turnip tops, young beet tops with or without the beets, mustard, dandelion and kale. Always serve the juice of all vegetables, whether boiled or steamed. A good way is to serve the juice in individual cups.

Tomatoes: Cook them in very little water and their own juice, but *not* with crumbs of bread and crackers.

Asparagus: Good steamed.

Baking: Some vegetables are good baked. Onions, squash, red beets and sugar beets are among these.

Egg plant: Peel and cook like any other vegetable. They are good steamed. Peel, cut up and place in steamer and let the

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vegetable remain until tender, and then dress to suit taste.

Do not slice, roll in egg and cracker crumbs and fry.

Cabbage: Never to be seasoned while cooking. Simply cut into pieces of desired size and boil, or put into steamer, fireless cooker or pressure cooker until it is tender. Cooked this way it is delicious and easy to digest. Never, never cook cabbage with pork or other meat, for then it is hard to digest.

Sauerkraut is fermented cabbage, put down in brine. It is not as good as fresh cabbage, but it is allowable. It should be cooked in plain water.

Casserole cooking is all right for vegetables, and other foods.

Vegetable soup: Take equal parts of from three to five succulent vegetables (list of which you will find in Chapter 2). Chop up and cook in plain water until tender. When done, add salt to taste and enough water to make of right consistency. Some

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milk may be added in place of the water, but not until the vegetables are done.

If one starchy ingredient, such as ripe peas or ripe beans or rice or barley or potato, is desired, it is all right.

Here is a sample soup: Equal parts of carrots, onions, celery, cabbage and potato chopped up; cook according to directions.

Purée is made by mashing the vegetables and thinning to required consistency.

VEGETABLE SALADS

Most of the time vegetable salads should be made of the raw salad vegetables, which help to keep the blood alkaline, and prevent acid fermentation in the digestive tract.

Make the salads simple. Those with normal taste will like them best so. It is not necessary to have a combination salad, for one kind of salad vegetable will do.

The following are the best salad vegetables: Lettuce, endive, romaine, tomatoes, cabbage, celery, cucumbers, cress, celery

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cabbage, chicory, mild green peppers, parsley, radish, green onions, mature onions and garlic. A small amount of onion or garlic or some green peppers may be used to flavor any vegetable salad.

Many kinds of salad can be made, and I shall suggest a few as an aid:

1. Lettuce and celery.
2. Lettuce and tomatoes.
3. Lettuce and cucumbers.
4. Lettuce, cucumbers and tomatoes.
5. Plate of lettuce.
6. A dish of tomatoes.
7. Tomatoes and celery.
8. A dish of sliced or chopped cabbage (slaw).
9. Cabbage and celery.
10. Cabbage and a few green peppers.
11. Celery cabbage and tomatoes.
12. Cabbage and cress and celery.
13. A dish of celery cabbage.
14. Cabbage, tomatoes and a little onion.
15. Romaine and boiled or steamed stringbeans. (In winter.)

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16. Lettuce and grated carrots.
17. Chicory and cucumbers.
18. Endive and tomatoes.
19. Romaine cucumbers and celery.

What is known as potato salad is nothing but messed up potato, and does not come within the meaning of salad, as the term is used in this book. The salads of which we speak are taken because they contain an abundance of the juices and salts needed to keep the body sweet.

Salad dressings: They vary according to individual taste, but they should be simple. Many take so much vinegar with their salad vegetables that they derive no benefit from these good foods. Omit the vinegar from the cooking and eating. Vinegar, like alcohol, is the product of fermentation, and is dead. Chemically it is acetic acid. If acid (sour) is wanted, use lemon juice or orange juice or grapefruit juice or pineapple juice. The lemon juice is best.

Some dressings follow, and you can take

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your choice, remembering that the simpler the dressing the better.

1. Salt.
2. Salt and olive oil.
3. Salt, olive oil and lemon juice. (Recipe for French dressing will be given below.)
4. Salt and lemon juice.
5. Lemon juice, or other sour fruit juice.
6. Olive oil or peanut oil or cottonseed oil.
7. Olive oil and lemon juice.
8. Mayonnaise dressing. (See recipe below.)
9. Sour cream in moderation.
10. Grapefruit juice and olive oil.
11. Pineapple juice and salt.
12. Not to exceed tablespoonful of honey, or a sprinkling of brown sugar or maple sugar.
13. Fruit and nut dressings. (Suggestions given below for making.)
14. No dressing whatever.

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Dressing No. 14 is very good, and enjoyed by many who have natural taste, for it leaves the foods with their original delicious flavors. If sweets are used for dressing, be moderate.

French dressing: It is usually made of olive oil, vinegar, salt and either pepper or paprika. We shall simplify it, and make it from olive oil, lemon juice and salt. There is no fixed formula, so those who do the mixing will have to suit taste. When much lemon juice is used the oil will float on top.

One formula: Stir together one part lemon juice, six parts olive oil, salting to taste.

Another formula: Stir together one part lemon juice, two parts of olive oil and salt to taste.

The parts are taken by measure. In the second formula twice as many tablespoonfuls of oil are taken as of lemon juice; in the first formula, six times as many.

A very simple and good way is to let each individual do his own dressing. Let

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him pour as much oil upon his salad as he desires; then let him squeeze what lemon juice he wishes on top of it, and salt to taste.

Mayonnaise dressing: To make this is an art, and requires much labor. It is not worth while unless one is very fond of it. There are many formulas, and I shall give but one:

Stir not to exceed one-fourth teaspoonful of salt into the yolk of egg (raw) in mixing bowl. Drop by drop add eight ounces (one-fourth quart) olive oil, stirring rapidly all the time. When this amount has been stirred in add a few drops of lemon juice and a few drops of oil, alternating with the oil and lemon juice until the desired amount of dressing is made. The oil thickens the dressing and the lemon juice thins it, so you can regulate the consistency by using more or less of these ingredients. With one egg yolk almost a pint of dressing can be made. If a full quart of dressing is desired, it is best to take three egg yolks.

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To make good dressing it is necessary to keep the ingredients cold and stir rapidly. In summer keep the mixing bowl in a pan of chipped ice while making dressing.

Fruit and nut dressings: These contain other ingredients than fruit. Many tasty ones can be concocted. Here are some suggestions:

One dressing: Measure out one part peanut butter, one part lemon juice, two parts pineapple juice (or orange juice). Mix well and beat into creamy consistency.

Another dressing: Almond butter one part, orange juice two parts. Beat well.

Another dressing: Two parts rhubarb juice, one part honey, and beat well. Use as it is, or beat into it one part peanut oil or olive oil.

Rhubarb juice, grapefruit juice, orange juice and lemon juice are good acids to use in dressing salads. Hundreds of simple, tasty dressings can be made by combining fruit juices and ground nuts, with or without peanut oil or olive oil. As a rule, use

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two parts of oil to one part of fruit juice, and about the same amount of nut butter or flaked nuts by weight or measure as of fruit juice. Always beat well. Most of the fruit-nut-oil dressings can be made into creamy consistency.

VEGETABLE, FRUIT AND NUT SALADS

Raw fruits may be combined with vegetables to make delicious salads. These are fine for summer eating. When nuts are added, the salad becomes very nourishing. Any number of salads may be made, and we shall give a few samples to show how. You can use these recipes, or you can work out combinations of your own:

1. Lettuce, celery and grapes.
2. Celery, apples, pecan nut meats.
3. Lettuce, grapefruit, apples.
4. Lettuce and avocado (alligator pear).
5. Cabbage, apples and nuts.
6. Sliced apples garnished with grated carrots and English walnuts.
7. Lettuce, oranges and raisins.

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8. Romaine, oranges and raisins.
9. Cabbage, apples and raisins.
10. Endive, grapes, pecans.
11. Celery, pineapple and almonds (or other nuts).
12. Sliced cabbage, celery and nuts.
13. Celery, chopped figs and pecans.
14. Endive (or lettuce), grapefruit, flaked peanuts.

We have kept the number of ingredients down to three, but there is no charm about this number. You can have four or five ingredients, or you can have two. But it is not necessary to go to the trouble of making complex salads, when simple ones are just as good.

Dress these fruit and vegetable salads with the same kind of dressing suggested for the vegetable salads. You will find the dressings called fruit and nut dressings good.

These salads are good without any dressing. Sometimes whipped cream makes a good dressing.

COOKING FOR HEALTH

FRUIT SALADS

Take two or more ripe raw fruits, adding nuts if desired. Either dress as already suggested or eat without dressing.

One good dressing is cottage cheese (directions for making given in this Chapter), thinned out and well beaten. Either sour or sweet milk can be used for thinning. A fruit salad with this kind of dressing will make a good summer lunch.

The following will help you to select fruits and make your own combinations:

1. Oranges, sliced bananas, nuts.
2. Apples, oranges and nuts.
3. Apples, grapefruit and nuts.
4. Peaches and grapes.
5. Pears, sliced bananas, raisins.
6. Peaches, one kind of berry, with or without nuts.
7. Cantaloupe and berries.
8. Apples, pears, nuts.
9. Apples, ripe bananas, pineapple.
10. Grapes, tomatoes, chopped figs.

EATING FOR HEALTH

11. Apples, bananas, raisins.
12. Apples, oranges and raisins.

Any kind of raw fruit or berry that is relished can be used for salad purposes.

COOKING FRUITS

Most of the fruits are best eaten raw. They need no preparation and no dressing beyond what nature has given. Most fruits are better flavored raw than cooked, and more productive of health.

Fruits should not be loaded down with cream and sugar. Most of them are best eaten perfectly plain. Sugar and cream usually lead to overeating, and sickness will result, no matter how good the foods may be, if one overeats. If fruits are eaten as an excuse for overeating of sugar and cream, they do harm. If they are eaten for their own sake, they are blood purifiers. Fruits and nuts are the finest foods that nature has given us. (For discussion of "Nuts and Peanuts" with recipes, see Chapter 33.)

COOKING FOR HEALTH

Fruit puddings and pies are not the best of foods. It is best not to use them, but those who use them should do so rather rarely—not every day. No directions will be given here for that kind of cooking.

Stewing fruits: Clean and if necessary peel. Put fruit into plain water (no sugar) and cook until tender. When the fruit is about done, add moderate amount of sugar or honey, that is, if it needs sweetening, and stew two or three minutes longer. Do not have the fruit boil violently.

Stewing dried fruits: Wash and soak from an hour upward. Soaking is not absolutely necessary, but usually makes the fruit more tender. Stew gently in plain water until about done. Then, if desired, add sugar or honey in moderation and stew a few minutes longer.

Boiled whole apple: Place whole apples in deep stewing pan. Add about one cup of water to each apple. When almost done, add sweetening, quantity depending upon the tartness of the apples. The vessel is to be covered and the boiling gentle. Cook

EATING FOR HEALTH

until the skin bursts and the apple is tender throughout. Coring is not desirable. This is a delicious dish.

Stewed prunes: Wash and soak a few hours (over night if you wish). Stew until tender. If the prunes are sweet, add no sugar. If they are sour, use moderate amount of sweetening.

Stewed raisins, figs or dates: These fruits may be treated like prunes. The dates need no soaking, and they are almost too sweet when cooked by themselves.

Soaked prunes: Take nice sweet prunes, wash them and put into deep dish or jar. Add enough hot water to almost cover them. Cover dish tightly and put aside for eight or more hours. Serve the prunes as they are with their portion of the juice.

Soaked raisins and figs: Prepared like soaked prunes.

Apples and dates stewed together: Peel and slice apples; to each medium sized apple used take from two to four dates, depending on your sweet tooth. Stew to-

COOKING FOR HEALTH

gether in plain water, but add no sweetening. Figs or raisins may be used in place of dates.

Baked apple: Place apples, either cored or uncored, into deep pan. To each apple add about one-third cup water and a teaspoonful or more of sugar. If the apples are sweet, no sugar is needed. Bake until tender throughout, and serve apples with their proportion of the juice.

Steamed fruits: All fruits that are good stewed are good steamed. Simply clean, add some water and the sweetening needed, and allow to steam until done.

Fruits can also be cooked in pressure cooker or fireless cooker.

But please remember that the raw ripe fruits, as the sun cooked them, are best.

Olives: The ripe ones are best. Can be eaten with any salad.

Rhubarb: This vegetable is stewed like fruits.

Baked banana: Peel, place in pan, bottom of which is covered with water; put into quick oven, and let bake from twenty

EATING FOR HEALTH

to thirty minutes. Baking bananas should be a little green.

DAIRY PRODUCTS

Thorough cleanliness should always be observed in handling dairy products. When milk is boiled it is not as good food as the uncooked milk, for it becomes more difficult to digest, and it loses its delicate balance, spoiling some of the natural salts. Milk should be taken in its natural state, and very little milk should be used in cooking.

Clabbered milk: Place the fresh milk in china or earthen dish (not a metal one); and let it stand in place of moderate temperature. The covering of dish is not to be airtight, nor is the milk to stand in the sunshine. If the milk has not been boiled or pasteurized or doped it will sour in a day or two.

Buttermilk: The real buttermilk is what remains of the cream after the butter has been removed by churning. Artificial but-

COOKING FOR HEALTH

termilk can be made by beating clabbered milk, and this is a good food.

Artificial buttermilk can also be made by adding lactic acid bacilli to the sweet milk and allowing to stand until it clabbers, and then beat or shake. These lactic acid bacilli (*Bacillus Bulgaricus* is the best advertised) are all right, but no better than the ones that naturally settle in the milk.

Junket: It is all right for those who like it. Get some rennet at drug store, add it to sweet milk and put aside in quiet place until coagulation occurs. Do not disturb the vessel until process is complete.

Cottage cheese is the best cheese, and this is the best way to make it: Pour clabbered milk in muslin bag and let it drain in cool place. Do not drain entirely dry, but leave some whey in the mass. After draining, beat well, adding some rich milk, either sour or sweet; or add cream. Do not beat enough to remove the little lumps entirely.

This makes a delicate, delicious cheese, far better than the cottage cheese that has been made by heating the clabbered milk.

EATING FOR HEALTH

Other cheeses: The mild ones are best. They are very nourishing and easy to digest.

Plain custard: Three cups milk, three eggs, one-half cup sugar, one-half teaspoonful vanilla, pinch of salt. Beat eggs, sugar and salt together. Add scalded milk and vanilla, and mix well. Pour into cups, place cups in a pan of warm water in the oven. Usually takes about twenty to twenty-five minutes to bake the custard.

Maple custard is obtained by using maple sugar instead of other sweetening.

General remarks: Every household should have either a good steamer, fireless cooker or pressure cooker. These cookers reduce the housework, and produce superior foods, in which the original food values remain practically intact. They not only save labor, but they save expense, paying for themselves in a short time, for they reduce fuel bills. Foods can be nicely cooked directly over the fire, but it requires much heat and care.

COOKING FOR HEALTH

There is no one best method of cooking—there are several good ways. Steaming is excellent, but a steamed potato has not the flavor found in the baked article.

Plain cooking is the best. Greasy cooking causes much disease, and so does the mixing of many ingredients, for that produces concoctions that often stimulate the appetite to such a point that the individual overeats.

Plain, simple cooking is the best.

To a normal palate it tastes better than the messy cooking that has been in vogue for years. Get a normal palate by eating natural foods, and enjoy your meals more than ever.

CHAPTER 11

WARM WEATHER EATING FOR MEAT EATERS

It is unwise to eat in summer as one does in winter. It will surely bring discomfort, and generally disease. Let us see what nature does in different climates, and learn from her book.

Warm countries are preëminently fruit countries. Fruits, nuts and vegetables grow there in profusion, if they have half a chance. On the other hand, in cool climates grains grow in great abundance and game is generally plentiful, if man has not destroyed it. In cold climates vegetation is scarce and sometimes absent, but there are many animals on the land, the water contains much life, and frequently the air is well populated. Man in the tropical jungles can get much food from the vegetable

WARM WEATHER—MEAT EATERS

kingdom, if he uses a little sense. But in the frozen North he would starve to death if he were to depend on vegetation, for, unlike the reindeer, he can't live on moss. In the North we find the inhabitants living on fish and meat, ranging from lean to pure fat.

So this is nature's solution to warm and cold weather eating—to live on the lighter foods in summer.

Why? Because less food is needed. In wintertime we need a great deal of food for the sake of warmth, for the heat quickly radiates from the body, and the warmth we lose must be replaced by internal combustion. If it is not, the body temperature is lowered so that life becomes impossible. The body temperature can not go many degrees either above or below 100 degrees Fahrenheit (the normal temperature of the interior of the body) before death ensues.

In summertime we need foods to produce energy, but little, and sometimes none, to keep us warm. The rule is this: *The lower the temperature the greater the ap-*

EATING FOR HEALTH

petite and ability of the body to care for food.

Those who attempt to eat in summer as they do in winter get filled up with acids and have skin eruptions; they perspire a great deal and feel uncomfortably warm; their bodies are unable to burn up the excess and as soon as the temperature is lowered and the skin activity decreases they are ready for some kind of disease. They either develop a chronic disease or have an explosion manifesting in acute trouble. They do not get everything mentioned here at once, but they build some kind of trouble if they are heavy eaters. They can get anything from sunstroke in the summer to pneumonia in the fall. These words apply to those who live in the ordinary way. Those who are moderate at all times will develop no troubles peculiar to summer, especially if they live on a non-stimulating diet.

The meat extractives are very stimulating and also irritating. Hence meat should be eaten sparingly in summertime—not to

WARM WEATHER—MEAT EATERS

exceed every other day. Summertime is the time to learn to go without meat for those who do not specially care for it. Heavy consumption of meat is especially objectionable in hot weather, for flesh foods have a strong tendency to decay quickly. If meats are eaten, the lighter forms, such as chicken, lamb, mutton, fish and eggs, are best. Beef should be taken seldom in hot weather, and there is no excuse for fat pork when the thermometer is in the eighties and nineties.

Those who rely mostly on fruits and vegetables in warm weather will get such a good physical cleaning that they can enter the cold weather season without fear of winter troubles.

Sedentary workers need a surprisingly small amount of food in summer. Those who do manual labor have to have enough force food—sugar, starch and fat—to keep the energy up. The old belief that a manual laborer has to have three meat meals per day is entirely wrong at all times of the year.

EATING FOR HEALTH

These menus are suggested for those who do ordinary light work:

WARM WEATHER MENUS FOR THOSE DOING LIGHT WORK

1

Cantaloupe,
Berries,
Glass of milk.

2

Baked potato,
Green peas,
Lettuce.

3

Eggs, boiled or scrambled.
Cooked chard, dish of carrots.
Endive and sliced peaches.

WARM WEATHER—MEAT EATERS

1

Oatmeal.

Glass of rich milk.

2

Corn on the cob with butter.

Cooked cabbage, or other succulent vegetable.

Dish of berries.

3

Chicken, cooked according to taste.

Small dish of steamed rice.

Asparagus.

Fruit and vegetable salad, ripe olives.

EATING FOR HEALTH

1

Bananas (ripe; masticate well).

Dish of any kind of berries.

2

Baked or steamed potatoes (or whole wheat toast).

Summer squash or other succulent vegetable.

Glass of buttermilk.

3

Pecan or other kind of nut meats.

Corn on the cob and dish of beet greens.

Tomato and lettuce salad.

Fruit gelatin.

WARM WEATHER—MEAT EATERS

1

Bananas, baked or raw.

Well baked biscuits.

Dish of cottage cheese. (This is a heavy
summer breakfast.)

2

Stale bread or toast.

Dish of ice cream.

3

Lamb chops.

Corn on the cob.

Dish of kale or other kind of greens.

Tomato and lettuce salad.

EATING FOR HEALTH

1

Watermelon. Slowly eat all you desire,
and nothing else. Fine meal for a
change.

2

Vegetable soup.
Baked potatoes (or whole wheat toast).
Buttermilk.

3

Nuts (or eggs).
Asparagus and beet greens.
Fruit and vegetable salad.
Dish of gelatin or cup of custard.

WARM WEATHER—MEAT EATERS

The dressings are not specified in these menus, because they were fully given in Chapters 8, 9 and 10.

The eating as outlined is heavy enough in warm weather. The danger in warm weather is not that one will get too little food, but that too much will be consumed.

The objection is sometimes made that it is hard to get some of the foods. Of course it is easy to live on flour products, salted meats and fish, beans, potatoes and sugar, and those who wish to live in this way, growing sick and homely and old long before their time, have a right to do so. Those who want good foods can get them, in city or country. There is no excuse for the summer breakfasts of ham and eggs with breadstuffs and coffee. (See Chapter 30 for "Eating in the Country and Country Towns.")

The man who does manual labor needs more starch than recommended in the menus above, but not a greater variety of food.

EATING FOR HEALTH

WARM WEATHER MENUS FOR LABOREERS

1

Oatmeal, a dish or two.

Glass of milk.

Whole wheat toast. (It is not necessary to eat both oatmeal and toast. Instead, one may take a good helping of one kind of starch. Oatmeal is a good summer food, as well as a winter one. Masticate thoroughly.)

2

Whole wheat bread with cow or peanut butter.

Dish of custard.

3

Some kind of fresh meat.

Cooked cabbage and turnips, as much as desired.

Cabbage slaw.

Dish of fruit or berries.

WARM WEATHER—MEAT EATERS

1

Bananas, raw or baked.

Dish of cottage cheese.

Two or three ounces of raisins. (This is a hearty breakfast, one that will produce much steam. Weight for weight, raisins furnish more energy than bread.)

2

Whole wheat toast or baked potatoes, with butter.

Glass of buttermilk.

3

Eggs.

Potatoes either boiled in jacket, steamed or baked.

Corn on the cob.

Lettuce or sliced cabbage.

Dish of gelatin (or ice cream).

EATING FOR HEALTH

Yes indeed, these are nourishing menus.

There is no good reason why laborers shall not enjoy the fruits of summer. Berries and light fruits can be used right along in the evening meal.

So many say, "I can't have this and I can't have that." Most of us have our limitations, financial and otherwise, but when the average individual says, "I can't," he means that he will not make an effort. Barring the submerged part of humanity that has lost ideals and ambition, the inhabitants of this country can get good foods. The food can be simple, yet good. In summertime fruits and vegetables should form a large part of the diet. Fresh vegetables can be raised by many who think they must go without.

SOME GENERAL HINTS FOR SUMMER EATING

Often when it is warm there is no desire for food at a certain mealtime. This is an indication that nothing should be eaten

WARM WEATHER—MEAT EATERS

at that meal. Give the overburdened body an opportunity to rid itself of the excess and the waste that cause this I-don't-care feeling.

Those who have natural tastes will find simple meals delightful and delicious in summer. I shall give a list of meals that are simple and good, but at the same time contain plenty of nourishment:

1. Fruit salad with nuts.
2. Fruit and vegetable salad dressed with nuts.
3. Fruit salad with a dish of cottage cheese (or a glass of buttermilk).
4. Fruit and vegetable salad with a dish of cottage cheese (or a glass of buttermilk).
5. Watermelon and nothing else. Eat slowly all you desire.
6. A cup of custard with whole wheat bread or biscuit.
7. A dish of ice cream with whole wheat bread or biscuit.
8. Corn on the cob with butter. (Eat as

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much as desired, masticating well.
A good meal.)

9. Corn on the cob, butter, lettuce.
10. Corn on the cob, okra (or any other succulent vegetable).
11. Cantaloupe and nothing else.
12. Cantaloupe and berries.
13. Berries, sliced fruit and nuts.
14. Rye bread and butter with cottage cheese.

Such meals are really delicious on hot days, when only a small amount of fuel is needed. During hot weather at least one meal a day should be very light.

Watermelon disagrees with many if they eat it with other foods. If it repeats or causes gas in the stomach or bowels, watermelon should be eaten by itself, and well masticated.

Summertime is the time for fruit drinks. See Chapter 35 for "What and When to Drink."

CHAPTER 12

WARM WEATHER EATING FOR VEGETARIANS

THERE are many good general hints in Chapters 4, 7, and 11, which should be re-read.

It is as true of vegetarians as of others that they ought to eat more moderately, using lighter foods, in summer than in winter. Winter is the season for figs, dates, raisins, navy beans, ripe peas, lentils, peanuts and nuts. These are also good summer foods, but should be taken in smaller quantities during warm weather.

Summer is the season for all green growing things, especially for the succulent vegetables, berries, melons and the fresh fruits as they ripen.

In summertime the pores of the skin open wide and it is easy to get rid of

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waste. It is a favorable time for a thorough physical housecleaning. Those who avail themselves of this will become so healthy that it will be difficult for them to become sick the ensuing winter. Those who insist on living on the concentrated foods almost exclusively (such as potatoes, breadstuffs, ripe beans, nuts, peanuts, sweet fruits) will not derive much benefit from the summer. They will overload the system with fuel, suffer severely from the heat, and maybe have irritated skin or sunstroke or apoplexy or some other abnormal condition.

The succulent vegetables, juicy fruits, berries and melons are cooling and cleansing. The correct way is to eat plenty of these foods, and enough of the starchy or sweet foods to furnish fuel for energy. Remember that fruits and vegetables also contain fuel, though not in concentrated form.

In summertime fats and oils should be used in moderation.

WARM WEATHER—VEGETARIANS

VEGETARIAN WARM WEATHER MENUS FOR THOSE DOING LIGHT WORK

1

Cantaloupe.

Berries.

Glass of sweet milk or buttermilk.

2

Baked or steamed potato, butter.

Corn on the cob.

Lettuce or other green stuff.

3

Celery soup or vegetable soup.

Whole wheat biscuits.

Spinach or kale.

Dish of peas.

EATING FOR HEALTH

1

Bananas, baked or raw.

Dish of cottage cheese or glass of milk.

Dish of berries, if desired.

2

Either muffins or biscuits (well baked and thoroughly masticated).

Peanut butter.

Dish of young carrots or beet greens.

3

Pecan or almond nut meats.

Stewed onions and string beans.

Vegetable salad or a fruit and vegetable salad.

Ripe olives.

WARM WEATHER—VEGETARIANS

1

Peaches with nuts.

Raisins. (Yes, this is a nourishing breakfast.)

2

Whole wheat toast with peanut butter.

Dish of ice cream.

3

Rye bread with nut butter.

Corn on the cob and carrots.

Lettuce and cucumber salad.

Raw or stewed dates, if desired.

EATING FOR HEALTH

1

Ripe raw bananas.

Berries.

Glass of milk (or a couple ounces peanut kernels well masticated).

2

A salad made of lettuce and two or three kinds of fruit, with nut meats sprinkled upon it. Fine for lunch on a hot day.

3

Eggs cooked any way except by frying.

Corn on the cob, butter.

Beet greens or other greens.

Dish of ice cream.

WARM WEATHER—VEGETARIANS

1

Berries.

Melon.

2

Lentils, boiled, baked or steamed.

Asparagus.

Dish of lettuce.

3

Nut meats (or peanut kernels, either whole
or flaked).

Okra and new cabbage.

Fruit salad, or a fruit and vegetable salad.

EATING FOR HEALTH

Yes, these foods are nourishing. There is plenty of variety. Those who do not care for three, four or five different kinds of food at a meal can eat fewer varieties at a time. Simple eating is best.

See Chapters 8, 9 and 10 for cooking and dressing foods.

See Chapter 4 for remarks about substituting one food for another.

See Chapter 35 for directions about drinking.

A vegetarian diet in summer for manual laborers will not vary much from that given for the sedentary workers. The only difference is that the manual laborer needs more starch or sugar; or we may say that he needs more starch and sugar. He too should partake freely of the fresh fruits and vegetables which nature furnishes with lavish hand. Under proper management correct eating is not expensive—and it does away with doctor bills.

WARM WEATHER—VEGETARIANS

VEGETARIAN WARM WEATHER MENUS FOR LABORERS

1

Stale bread or oven toast with cow or peanut butter.

Glass of milk or dish of cottage cheese.

2

Ripe bananas.

Raisins or dates.

A few peanuts if desired.

3

Eggs.

Corn on the cob and spinach.

Lettuce or cabbage slaw.

Berries or some kind of juicy fruit.

EATING FOR HEALTH

1

Stewed or soaked prunes.

Raisins or dates.

Dish of cottage cheese or a glass of milk.

2

Whole wheat bread with cow or peanut butter.

Dish of custard.

3

Baked or boiled potato.

Corn on the cob.

Cooked cabbage or other succulent vegetable.

Cabbage slaw with some nut or peanut kernels.

WARM WEATHER—VEGETARIANS

Peanuts play a large part in feeding many vegetarians. They are a good food. For nut and peanut preparations (including peanut butter recipes) see Chapter 33.

The menus just given are rich in nourishment.

Prunes and raisins and bananas and figs and dates furnish fuel as surely as bread-stuffs. Of course, it is not necessary to eat these sweet fruits. Whole wheat bread, rice, rye bread and potatoes can be used instead. It may be interesting to know that whole wheat bread, milk and cabbage will furnish a balanced ration upon which one can live indefinitely in good health.

Those who live in the cities can get one of the best of foods—bananas—very cheap. Go to the market and look disdainfully at the son of sunny Italy and the bananas that are turning black and say, "That is the kind of rotten stuff you are selling." And the market man will probably say, "I sella da nica banan for ten centa da doz." And it is true, they are nica banan. When the skin is black, before the bananas begin to

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turn black inside, that is, while the pulp is still firm, they are best for eating raw, and can be bought for five to fifteen cents a dozen, while the green ones, which are not so good, are selling for twenty to thirty cents per dozen.

Baking bananas should not be dead ripe. See Chapter 10. For frying, take a banana that is not quite ripe, but don't fry it; bake it.

Those who are strict vegetarians will not use the milk and eggs and cheese recommended in the menus in this chapter. And it is not necessary. They can use peanuts, nuts and legumes for obtaining their supply of protein.

COLDS

It is a far cry from summer eating to colds, but many are in the habit of taking cold as soon as the summer is over, and sometimes these colds last all winter. Sometimes they go into pneumonia and a funeral. Sometimes they result in chronic

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catarrh. Sometimes they end in pulmonary tuberculosis. And sometimes the sufferer gets an attack of common sense, recovers and remains well forever after.

The cheering part about colds is that they are a luxury, not a necessity. *Those who do not care to have colds, do not need to have them.*

Yes, I know about the germs. It is said that some one may sneeze and one of the awful creatures will come floating through the air, find lodgment in your anatomy, set up housekeeping and produce an enormous family, which will give you a solar plexus blow that may knock you out for days or weeks or even months. When you hear such things be polite. Don't sneeze at the informer, for you might convey cold germs to him in exchange for the information, and that would be base ingratitude!

There are germs—millions and billions of them—present in cases of colds, but these germs are the effect of the cold, not the cause. The real cause is wrong living, especially improper eating. The basis for

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a cold is laid at the table. Eating is about nine-tenths the cause of colds. The other tenth is due to other mistakes.

Treatment of colds: If it is a light cold and you want to get rid of it quickly this is the best treatment: Stop eating entirely, taking nothing into the stomach except water and some mild cathartic. Clean out the intestinal tract by taking a mild cathartic (citrate of magnesia, milk of magnesia, mineral water, or castor oil), and at the same time take an enema.

Also take a good hot bath, remaining in it until the perspiration comes freely from the pores. Before getting into the hot water, drink freely of warm water, and continue doing so while in the bath. This is the quickest way to get rid of a cold, and if it is done in the beginning it will often conquer a cold within twelve hours.

Steam or vapor bath or hot room treatment is equally good. The object is to produce copious perspiration. The aim of this treatment is to get the impurities out

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of the system as quickly as possible, by cleaning out the bowels and washing out the blood by means of free perspiration. It is effective, especially in the beginning.

Another plan: Keep the bowels open, and live on a simple diet, eating moderately. Eat no eggs, fish or meat. Here are a few diet plans that will serve:

1. Juicy fruit three times a day.
2. Juicy fruit once a day; succulent vegetables twice a day.
3. Juicy fruit twice a day, succulent vegetables once a day.
4. Succulent vegetables three times a day.
5. A glass of milk or buttermilk three times a day.
6. A glass of milk and one or two slices of oven toast two or three times a day.

Of course you won't starve, but your cold will. It is foolish to have a cold for weeks and months.

EATING FOR HEALTH

The only cold remedy worth a continental is one that will clean out the bowels. Opiates are dangerous, for they clog up the system, and sometimes kill cold patients by turning the cold into pneumonia. They stop the flow of mucus, but that is a dangerous thing to do, except in nature's own way—by getting rid of the poisons and waste matters within the body. Opiates stop the housecleaning process.

Sometimes a cold starts with chills and high fever. In such cases there is only one right treatment: Stop feeding, clean out the bowels and make the patient perspire freely. It makes no special difference how the heat is applied so that perspiration comes. This kind of treatment will often ward off an attack of pneumonia.

To be constantly coughing and using a handkerchief is in bad taste—and it is a filthy habit. It is also dangerous, for it may degenerate into a fatal disease, such as tuberculosis.

In the beginning colds can invariably be routed, the time varying from a few hours

WARM WEATHER—VEGETARIANS

to a few days. If the cold is firmly established, it will take longer.

And here is the best news of all:

By living right the body becomes so healthy that colds vanish, never to return.

CHAPTER 13

CORRECT FOOD COMBINING

FOR a number of years I have made a special study of practical dietetics, without neglecting the scientific side of the subject. It did not take long to learn that much that passes for science in feeding is nothing but pride and prejudice.

I do not lay claim to any original discoveries. I do not delude myself into the belief that my writings will bring me glory or fame. I do not care whether my name is mentioned after I pass on, for life has given me everything I deserve, and everything I deserve will doubtless gravitate to me so long as life lasts.

But I am very desirous to be helpful and useful, so I would like to clarify this muddled subject of food combining, for the

CORRECT FOOD COMBINING

reader. There are enough claims to give one the jim-jams, and most of them are of no special importance. First let us see how some of the prejudices regarding feeding get a start.

As a beginning we shall take up the milk and acid fruit combination. Some one spread the rumor that this is bad, and it has been going the rounds for years. Some have informed me that it is bad combining because the acid fruit curdles the milk. I have also heard that a certain lady was foolish enough to make the combination one day, and that day she died.

Of course, sour fruit curdles the milk, which is all right. If it does not get curdled before it is eaten, curdling takes place in the stomach, for that is the first step in milk digestion. As for the lady who died because she took acid fruit and milk in the same meal, she didn't. Such a meal never killed any one, unless it contained other ingredients.

Milk and acid fruit make good breakfasts and lunches in summer. But acid

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fruit, milk, pickles, meat, bread, potatoes, cake and pie mixed into a meal are not fit to feed a hog, but such feeding is common and considered good. That kind of eating will kill, sometimes through acute indigestion or ptomaine poisoning, but more often it takes years of this kind of abuse to produce a fatal disease.

In nearly all cases of chronic rheumatism I have found mild buttermilk to be an excellent food, but at present I have a patient whose pains return and joints swell if she takes buttermilk. One might say with an experience like that: "Tabu buttermilk in rheumatism." But that would be a mistake, founded on lack of experience. It is this kind of foolishness those of us who want to know the truth and impart it to others have to struggle with all the time.

These food prejudices change with the years. Let us get rid of them. Because a successful physician once wrote that cow's milk can not be digested by the adult

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human being, many believe that statement, though there is no truth in it.

You have probably heard that unless you salt nut meats, they may produce serious illness, even fatal trouble. It is not true. Nuts well masticated and properly eaten will make no one sick, even if salt should be a hundred miles away.

Then there is the belief that starch and acid should not be taken in the same meal. This is true only for people who are below par. Normal individuals can eat starch and acid in the same meal. The truth is that:

There are no two foods that in themselves are incompatible.

Let us continue and find where the incompatibility enters. All animals, human beings included, were made by nature to eat simply. So long as one or two natural foods are eaten at a meal digestive troubles are practically unknown, but as we advance in civilization the tendency is to compound and concoct complex mixtures, eating a great variety at each meal. At

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elaborate functions (which are the acme of bad taste and vulgarity) as many as twenty or thirty different dishes may be served. It is not that the grease, meat, fish, eggs, rolls, potatoes, vegetables, cream and sweets are incompatible as chemical mixtures, but the trouble comes because

The human digestive apparatus is made to work up only a small variety of foods at a meal and when a great variety is eaten the digestive juices are unable to take care of the foods before they begin to rot.

This is plain English. And here is another important factor:

Numerous dishes at a meal cause overeating, and overeating is one of the worst of dietetic sins.

Let us present the matter in another way, for it is important:

Foods in themselves are not incompatible, but the digestive organs are not made to digest very complex meals, especially when the intake is great. Hence when we persist in eating complex mixtures the digestive juices give up in despair and indi-

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gestion (fermentation or putrefaction of food) is the result. The indigestion produces excess of gases, acids, alcohols, bacteria and sometimes ptomaines. The complex eating results in overeating, which also causes indigestion and other ills. It may take years to show the effects, but they always appear before the game of life has been fully played.

Many individuals say, "I am an exception. Others may do such things and suffer, but I am too strong to be affected." If you are inclined to reason this way, you are deluding yourself. *You* are no exception. You and I and the rest have to conform to the laws of nature, or else we are thrown into the junk heap.

There are food mixtures that are good, and there are food mixtures that are bad. Chapters 14 and 15 will be devoted to an explanation of these mixtures.

If you forget everything else that has been written about food combining, you will have a pretty fair knowledge if you

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remember two points, which are the most important ones, and the simplest:

First—*Use only a few kinds of food at each meal.*

Second—*Eat moderately.*

“When and How to Eat” is discussed in Chapter 24.

CHAPTER 14

CORRECT FOOD COMBINING

PLEASE turn to Chapter 2 for classification of foods.

The combinations followed by numbers in parentheses will be explained in Chapter 15, marked with corresponding numbers.

PROTEIN COMBINING

Meat, fish, eggs and nuts (except the chestnut and acorn) are eaten for the protein they contain, principally. One can be substituted for the other. Where meat or fish is mentioned a vegetarian may take nuts or eggs. When the combination is given for one of these, the combination is practically given for all of them. With this explanation, there should be no trouble in understanding the tables that follow.

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Meat or

Fish or

Nuts or

Eggs combine well with:

Cooked succulent vegetables. (1)

Cooked succulent vegetables and raw salad vegetables. (2)

Cooked succulent vegetables and raw juicy fruits. (3)

Cooked succulent vegetables and cooked fruits. (4)

Cooked succulent vegetables and fats.

Cooked succulent vegetables, raw salad vegetables and fats.

Cooked succulent vegetables, raw juicy fruits and fats.

Cooked succulent vegetables, raw salad vegetables and uncooked juicy fruit, with or without fats. (Fats include all oils.)

The concentrated proteins (meat, fish, eggs, nuts) *do not* combine well with:

Potatoes. (5) Be sure to read note 5, Chapter 15.

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Bread or other cereals. (6)

Dried beans or dried peas. (7)

Milk or cheese. (8)

Each other. (9) That is, when one eats meat he should not take fish or eggs or nuts or cheese. Eat but one of these concentrated proteid foods at a meal.

FAT COMBINING

Fats are either solid or liquid, the oils being one form of fat. The chief fats are olive oil, cottonseed oil, peanut oil, butter, cream, lard and the fatty substances contained in meat, fish and nuts.

Fats combine well with:

Any other food. (10)

STARCH COMBINING

The chief starches are the grains and their products, potatoes and the dry legumes. Here we treat only of foods

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carrying much starch. (See list in Chapter 2.) The starches are splendid foods when properly eaten, being easy to digest and giving heat and energy at low cost.

Potatoes or

Cereals of all kinds (including rice) or

Breadstuffs (including all flour products)

or

Ripe peas or ripe beans (11) or

Any other concentrated starch or starches
combine well with:

Fats.

Fats and cooked succulent vegetables.
(12)

Fats and raw green salad vegetables.
(13)

Fats, cooked succulent vegetables and
raw green salad vegetables.

Any of the three preceding combinations
when the fats are omitted.

Milk or cottage cheese or other kind of
cheese. (14)

Nuts. (15)

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Nuts and raw green salad vegetables.

Eggs with or without succulent vegetables. (16)

Natural sugars in moderation. (17)

Concentrated starches *do not* combine well with:

Meat. (See note 6, Chapter 15.)

Fish. (See note 6, Chapter 15.)

Acid fruits. (18)

Sugars taken in great quantities. (See note 17.)

MILK COMBINING

Milk combines well with:

Any other food, except (19) meat, fish, eggs, nuts and cheese.

Cottage cheese can be used in place of milk. All kinds of cheese rich in protein can be used in place of meat, fish or eggs. One can get all the necessary protein from milk or cottage cheese, if so inclined.

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SUCCULENT VEGETABLE COMBINING

Cooked succulent vegetables combine well with:

Any other food. (20)

Raw green salad vegetables combine well with:

Any other food. (See note 13.)

For list of salad vegetables see Chapter 2.

ACID AND JUICY FRUIT COMBINING

Acid and juicy fruits combine well with:

Any other food, except the concentrated starchy foods. (See note 18, Chapter 15.)

SWEET FRUIT COMBINING

The sweet fruits combine well with:

Any other food. (21)

SUGAR COMBINING

Sugars, especially the natural sugars, combine well with:

Any other food. (22)

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This Chapter as it stands will not bear close scrutiny, if read by itself. It is not intended to be read by itself. To learn the truth you must read Chapters 14 and 15 in combination. It is impossible to make these short-cut tabulations and tell the exact truth, hence the necessity for the notes in Chapter 15 to explain the statements in Chapter 14.

There are too many *ands*, *ifs*, *buts*, and exceptions in dietetics to be able to give everything in concentrated form. Only those who have had no experience in watching the well and the sick can do that, and what they teach should not be taken too seriously.

CHAPTER 15

CORRECT FOOD COMBINING

So far as health is concerned, any food can be eaten, provided it is properly prepared, well masticated, taken in right combinations and under favorable conditions.

With that truth in mind, let us examine some of the combinations recommended and condemned in Chapter 14.

(1) "Concentrated proteins (meats, fish, nuts and eggs) combine well with cooked succulent vegetables."

Succulent vegetables are good foods, but they are not concentrated. Most people like to eat until they begin to feel full, but if they eat so much of concentrated foods that there is a feeling of fullness, they take too much nourishment. The

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cooked succulent vegetables should be prominent in the dietary because they are good fillers, giving satisfaction without overeating; because they contain some nourishment; and because they contain the natural salts and have a tendency to keep the bowels regular.

(2) "Concentrated proteins combine well with cooked succulent vegetables and raw salad vegetables."

Reread note 1. The salad vegetables are useful principally because, being in their natural state, they contain the natural salts in their best form. They help to keep the body fluids alkaline, which is very important. The tendency of the concentrated proteins is to make the body acid, and if this is allowed, disease will follow. Raw green vegetables should be eaten almost daily.

(3) "The concentrated proteins combine well with raw juicy fruits."

The same can be said of the raw juicy

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fruits as of the succulent vegetables. Most of them contain acid, but so far as we can learn these acids are split up in the digestive organs, furnishing substances that help to keep the body sweet. Of course, an excess of acid fruits (especially oranges, lemons, and grapefruit) will in time produce acidity.

(4) "The concentrated proteins combine well with cooked succulent vegetables and cooked fruits."

The same can be said of the ordinary cooked fruits as of the cooked succulent vegetables. (See note 1.) Sweet fruits are a concentrated food, the sweet fruits being very nourishing.

One prevalent dietetic belief is that acid fruits and succulent vegetables should not be eaten in the same meal. The theory may be all right, but it does not work out in practice. Fruits and vegetables combine well. If they are taken in moderation, in simple combinations and well masticated, they cause no trouble. If they are

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not properly eaten, they will perhaps form gas, but that is the fault of the cooking and the eating, not of the foods. I am talking about well people.

Here are a few balanced meals to illustrate the combinations we have been talking about in the above notes:

1. Meat or fish with cooked cabbage and young peas.
2. Eggs or nuts with spinach and string beans and a dish of berries.
3. Roast chicken, cooked parsnips, cauliflower, and a salad of lettuce and celery.
4. Pecan nut meats, cooked carrots and kale, cabbage slaw and ripe olives. .
5. Eggs, boiled beets, steamed onions, baked apple.

(5) "The concentrated proteins do not combine well with potatoes."

This is true in a sense and it is not true. Meats, fish, nuts and eggs are concentrated proteins. Potatoes are rich in starch. The

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trouble with the combination is that those who habitually make it are prone to overeat. Hence it should be avoided, as a rule.

Any one who wishes an egg or two, a medium sized baked potato, a cooked succulent vegetable and a vegetable salad can gratify his wish, knowing that he is getting a good meal.

But suppose we change the menu a little and make it eggs, bread, potatoes, cooked vegetables, a salad, coffee and a piece of pie—such a meal is a sore trial to any stomach.

Those who persist in eating concentrated starches with concentrated proteins will in time get into trouble, for such combining leads to overeating, and overeating leads to disease. The results may not appear soon, but they will show eventually.

It is not that concentrated proteins and concentrated starches are incompatible, but the oversupply of food resulting from such eating in time produces disease, especially in town and city dwellers.

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(6) Substitute "bread or other cereals" for "potatoes," in note five, and it almost serves for note 6.

It is better to eat potatoes with meat than bread and meat, because bread has a greater tendency to produce much acid while being digested than potatoes.

(7) Substitute "dried beans and dried peas" for "potatoes," in note 5, and it almost serves for note 7.

It is not advisable to eat dried peas, beans or lentils with meat, eggs, fish or nuts, because the ripe legumes are very rich in protein, and such combining leads to overeating of proteid foods. The legumes are so rich in food value that they should be eaten in very simple combinations.

(8) "The concentrated proteins do not combine well with milk or cheese."

There is nothing incompatible about combining meat, fish, eggs or nuts with milk or cheese. The reason why such com-

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binning is to be condemned is that it oversupplies the body with protein, which is one of the most foolish of dietetic mistakes. The proteid needs of the body are very limited—about one-fourth of what people used to think necessary. We can omit meat and fish and eggs and milk from the diet and live in the best of health. I am referring to adults.

Milk is not a drink. It is a hearty food. One glass of milk contains as much nourishment as two eggs. Cheese is also a concentrated protein. This is a good rule to follow:

Eat but one kind of concentrated protein at a meal.

(9) “Concentrated proteins do not combine well with each other.”

Chemically there is nothing wrong about such combining, but as explained in note 8, eating two or more of these foods in the same meal leads to disease, because the body is then oversupplied with protein,

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which clogs up the system. Pardon the repetition:

Make it a rule to eat but one kind of concentrated protein at a meal.

(10) "Fats combine well with any other food."

Pure fats and oils are the heartiest foods we have. Pure lard is exactly equal to pure olive oil in fuel and energy value. It makes no difference, so far as fuel value is concerned, whether the fat is of vegetable or animal origin.

Fats can be used as dressing for any other food, but greasy cooking is an abomination. Frying partly spoils the food, and makes digestion difficult.

Fats supplement the sugars and the starches. There is a natural craving for fat with meat, fish and starch, and this craving can be satisfied.

Refined sugar and fat make too concentrated mixture for ordinary use.

(11) Ripe peas, ripe beans and lentils are in a class by themselves. They are rich

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in both starch and protein, and some of them (soy beans, for instance) contain much fat. They are so hearty, so high in fuel value, that they should be taken only in the simplest of combinations, such as:

1. Baked beans, lettuce and celery.
2. Baked or boiled beans, spinach, lettuce.
3. Cooked beans, beet greens, cabbage slaw.
4. Ripe lentils, peas or lima beans may be substituted for the beans in meals 1, 2 and 3.

It is a mistake to take beans, bread, potatoes, a piece of pie or a dish of pudding, and a cup of coffee in one meal. The ripe lentils are not hard to digest if they are properly cooked, well masticated and rightly eaten. The same is true of beans, peas and lima beans.

(12) "Concentrated starches (mentioned by name) combine well with fats and cooked succulent vegetables."

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The concentrated starches have a tendency to make the body acid, and the succulent vegetables help to counteract this tendency, which is helpful to health. (Reread notes 1 and 2.)

(13) "Concentrated starches combine well with fats and raw green salad vegetables."

Reread note 2. Green salad vegetables do not include the tomato, which is acid. For reason see note 18. The leafy salad vegetables are the best ones to eat with starchy foods.

(14) "Concentrated starches combine well with milk or cottage cheese."

The reason for this statement is that it works well in practice, furnishing a rounded ration.

(15) "Concentrated starches combine well with nuts."

This does not accord with what was said under meat combining. But a combination of nut meats and whole wheat bread, or

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nut meats and any other cereal, digests well and makes a good meal, *provided the mastication is thorough and the quantity eaten moderate*. The only danger is in overeating and failing to masticate. The combining should be simple.

(16) "Concentrated starches combine well with eggs, with or without succulent vegetables." Substitute "eggs" for "nuts" in note 15, and it applies to note 16.

But it is not a good plan to eat meat and fish with concentrated starches—at least not frequently.

(17) "Concentrated starches combine well with natural sugars in moderation."

The natural sugars are such foods as honey, figs, dates, raisins and thoroughly ripe bananas. There are sugars in many other foods, but not in such great abundance. The tendency of both sugars and starches is to ferment in the digestive tract. When sugars and starches are taken together, they should be eaten in moderation, and they require thorough mastication.

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tion. If improperly eaten there will probably be great gas production. Overeating of sugar and starch in the same meal always produces indigestion.

Here are some correct meals, simple but nourishing, to illustrate the starch combining:

1. Bread and butter.
2. Toast, butter, milk.
3. Corn bread, butter, cottage cheese.
4. Potatoes, butter or oil, cooked spinach and cabbage.
5. Potatoes, eggs, carrots and onions.
6. Whole wheat toast, butter, pecans.
7. Rye bread, butter, raisins.

(18) "Concentrated starches do not combine well with acid (sour) fruits."

This is both true and untrue. Those who have good health and fair digestion, masticate well and are moderate, may combine acid fruit and starch without any evil consequences. Those who easily fill up with gas should not combine this way.

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When the digestion is weak combining sour foods with starchy foods has a tendency to cause fermentation in the digestive tract. It is worthy of explanation:

Starches begin to digest in the mouth, but the mouth has to be alkaline, or at least neutral in reaction, to allow starch digestion. When acid fruit is eaten with the starch the mouth becomes acid, and starch digestion can not take place. Because this first step in digestion is not carried out, fermentation takes place rather easily in the digestive tract.

If starchy food and acid food are eaten in the same meal, *the starchy food should be eaten first, and thoroughly masticated.*

(19) "Milk combines well with any other food, except meat, fish, eggs, nuts and cheese."

Reread note 8.

(20) "Cooked succulent vegetables combine well with any other food."

The idea that succulent vegetables and

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acid fruits make a poor combination is as erroneous as it is prevalent. They combine all right. Fruit and vegetable salads are good both from the health and the taste standpoint. Of course, they have to be well masticated.

(21) "The sweet fruits combine well with any other food."

Reread note 17, bearing in mind that no matter what food sweet fruits are combined with, they go into decomposition (fermentation) easily when taken in excess. The sweet fruits are hearty, nourishing foods.

(22) "Sugars, especially the natural sugars, combine well with any other food."

Reread notes 17 and 21.

Refined sugar is not a balanced food. Because it is entirely wanting in salts it is a poor food for children. Those who eat much refined sugar should eat freely of fresh fruits and fresh vegetables, some of them raw.

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A reminder: This is an important topic and can not be mastered in one reading. Those who decide to learn a subject not only have to read, but reread.

Food combining may seem mysterious, but it is rather easy. The most important parts are:

1—*Eat simple meals.*

2—*Be moderate in eating.*

